



## How you can help

### Title

- Do not judge them.
- Let them know the abuse is not their fault.
- Be patient as they weigh their options.
- Tell them if you think they are in immediate danger.
- Call 9-1-1 if the situation is dangerous and it is safe for you to do so.
- Learn to recognize the signs of an abusive relationship and let them know if you see these signs in their relationship.
- Let them know that you are always available to listen and be supportive. Accept that it might take them a while to open up.
- Build their self-esteem (e.g., remind them that they deserve to be treated with respect).
- Let them know that services like Birchway Niagara exist to help.

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**24hr Support Line**  
**905-356-5800**

**Call or text. Collect calls accepted.**



**Birchway**  
NIAGARA



## More ways to help

- Let them know that they do not have to leave their partner to get help.
- Let them make their own choices about what is best for them.
- If you are worried for the emotional and physical safety of their children, contact Family and Children Services.
- Do not criticize them for staying or try to force them to leave. Leaving an abusive relationship can be difficult and dangerous.
- Help to create a safety plan for them and their children. Birchway Niagara can help you to learn more about what to include.

*Letting someone know that they are not alone is one of the most powerful steps you can take to help.*

**Want to talk to someone about your concerns and how you support a friend, family member or colleague?**

**Contact Birchway Niagara: 905-356-5800**